



Heart of America Medical Center - Wellness Center

Fresh, Canned or Frozen?

During National Nutrition Month, American Dietetic Association reminds consumers all produce can be enjoyed anytime

By Kathy Brandt, LRD

Our Theme "Nutrition from the Ground Up" helps remind us that by consuming fruits, vegetables, grains, nuts and beans as our 'nutritional' foundation, we can continue to 'grow' healthy and stay healthy. Consuming more fruits and vegetables should be a goal for most Americans. Research shows frozen and canned foods can be as nutritious as fresh. In fact, since some nutrients in canned produce are more easily absorbed in the body, these can sometimes be better nutrition choices than fresh.

Here are some ideas for getting the most from your fruits and vegetables, no matter what form your produce takes.

For canned fruits and vegetables:

- Get the juice. For canned fruit, look for descriptions on the label like 'packed in its own juices', 'packed in fruit juice', or 'unsweetened'. Fruits packed in juices contain less added sugar and fewer calories than fruits packed in syrup.

- Pinch the salt. If you are cutting back on sodium, look for descriptions such as 'no salt added' and 'reduced sodium' on the labels of canned vegetables.

- Savor the flavor. Use canned fruits and vegetables immediately after opening for maximum flavor and nutritional value. Handle leftovers as you would any perishable food, remove them from the can, place in an airtight container and store in the refrigerator or freezer to retain taste and nutritional quality.

For frozen varieties:

- Forgo the fat. When buying frozen vegetables, control fat and calories by choosing plain vegetables or those made with low-fat sauces.

- Check the label. Frozen fruits come in both sweetened and unsweetened varieties, so make sure to check the label and choose unsweetened if you are limiting your sugar intake. Frozen fruit bars also make a nutritious snack, but read the label to learn if they're made with real fruit juice.

Dried fruits:

- Pick the plain. Dried fruit contains lots of fiber, vitamins A and C, potassium and folate, but also more calories per serving than fresh fruit because of natural and sometimes added sugar. Also, some dried fruits are preserved with sulfite, which can trigger allergic reactions. So read the package label to make sure your choice is in line with your healthful and safe eating plan.

- Have a handful. Dried fruit is a great portable snack. It can also jazz up salads, pancakes, bread recipes or a bowl of cereal.

There are thousands of varieties of canned and frozen fruits and vegetables on grocery store shelves, which make it easy to find foods that suit your tastes and fit into a healthy eating plan, and it's always fun to try a new food or find a new way to cook your old favorites.

Olympic Motivation!

By John Brandt, PT

Greetings everyone! By the time you read this the Olympics will have come and gone.

I really enjoyed watching the events, specifically short track speed skating and downhill skiing.

Watching those athletes give their best effort really motivates me to get in the gym and exercise. And believe me, I need all the motivation I can get.

How about you? Do you feel motivated to exercise and eat right?

You can start by making a commitment to yourself. How about an Olympic 30 day challenge? Exercise 3 times a week for 30 days and be disciplined with your eating habits.

If you want to get started but don't know how, call us, we can help. We can give you tips on exercise and diet that will get you into the Olympic Spirit.

Before you know it, you will be standing on the podium as a champion of physical fitness.

Stop by the Wellness Center in March and sign up to win a **FREE EXERCISE MAT**

Stop by the Wellness Center to register for the 'Diva for a Day' drawing

Don't Waste Your Workout!

By Tammy McClintock, CFT

Here are some top strategies for making each workout efficient and effective:

- Plan ahead. You make shopping lists before going to the grocery store, why not try jotting down today's moves, sets and reps for the gym? This will keep you focused, and give you a plan of action.

- Be open-minded. Doing the same workout over and over again? If so, you're going to hit a plateau and get turned off from exercising. Be open to trying new moves, which will also shock your muscles.

- Make a Plan B. Don't wait around when your favorite equipment is being used. Instead, take this time to spice up your routine. Pick up a pair of dumbbells and do another move that works the same muscles.

- Focus on you. Remember, this is your workout. Don't stop to long to visit. Don't let others distract you- keep chit chat to a minimum, or better yet- work while you visit!

Source: Oxygen
March 2010

CONGRATULATIONS
Elda Mae Tuchscherer
Winner of the free Wellness Membership drawing in January

Wellness Center Hours:
 Monday-Friday 7 a.m.-9 p.m.
 Saturday 8 a.m.-Noon

March 2010

Heart of America Wellness Center Monthly Activities

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Health Smart 8, 9, 12, 5 Accel 3:30	2	3 Health Smart 8, 9, 12, 5 Accel 3:30	4	5 Health Smart 8, 9, 12, 5 Accel 3:30	6
7 —Exercise —Healthy Habit —Water My goal this week is _____	8 Health Smart 8, 9, 12, 5 Accel 3:30	9	10 Health Smart 8, 9, 12, 5 Accel 3:30 Stability Ball 6-6:45	11	12 Health Smart 8, 9, 12, 5 Accel 3:30	13
14 —Exercise —Healthy Habit —Water My goal this week is _____	15 Health Smart 8, 9, 12, 5 Accel 3:30	16	17 Health Smart 8, 9, 12, 5 Accel 3:30 Yoga 4:30	18	19 Health Smart 8, 9, 12, 5 Accel 3:30	20
21 —Exercise —Healthy Habit —Water My goal this week is _____	22 Health Smart 8, 9, 12, 5 Accel 3:30	23	24 Health Smart 8, 9, 12, 5 Accel 3:30 Stability Ball 6-6:45	25	26 Health Smart 8, 9, 12, 5 Accel 3:30	27
28 —Exercise —Healthy Habit —Water My goal this week is _____	29 Health Smart 8, 9, 12, 5 Accel 3:30	30	31 Health smart 8, 9, 12, 5 Yoga 4:30			

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